

FAVORITE APPLE RECIPES

GRACE FOSTER
MILDRED DUNN



CORNELL EXTENSION BULLETIN 973

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GRACE FOSTER AND MILDRED DUNN

Apples, with their juicy crunchy freshness, have an appeal that many foods richer in nutrients lack. They also have a firm place in our traditions: we know from the Bible that Adam and Eve were tempted to disobedience by enjoying "the fruit of the tree," and legend has it that the apple was that fruit. But we can enjoy apples with a clear conscience and we do. We eat them cooked and we eat them raw in goodly amounts.

From the days when we were very young, we have associated apples with home and the family. We remember when the apple tree burst into bloom and how its fragrance filled the garden; we remember the fragrance and color of the bowl of polished apples on the living room table. Perhaps our sense of smell is more durable than some of our other senses because we often recall the fragrance of certain favorite apples, and wonder why they are no longer available. We forget that the small family orchard is no longer a part of the village or the farm. Apple growing is a specialized industry and, if it is to be worthwhile to the producer, the apples grown must have certain characteristics: they must be easy to harvest; must pack without bruising; must have good keeping and shipping qualities; must be resistant to disease; and should be adapted to fresh eating as well as to cooking and processing. This is quite an order for any apple.

Fortunately we are accustomed to buying different varieties to meet our needs. We may miss some of our favorites but many of the old ones are still available. We can buy the white-meated Cortlands which we like for salads because their cut surfaces do not discolor rapidly; we can still count on the sturdy Greenings for all around cookery; and we shall want to sample new varieties. The beginning of August is a good time to try out new summer apples; a recent promising variety is the Wellington. In the fall more new ones, including Macoun and Monroe, are on the market. The new strains of apples and new and better methods of preserving them have given us good apples practically all the year round.

Selection

Look for apples that are firm to the touch, free from blemishes and bruises, and have a good color for the particular variety. Handle them as carefully and as little as possible. Select the variety of apple that is in season and best suited to your needs. Baking apples should hold their shape well even when they are baked until soft. Apples for sauce and pie should cook tender in a short time. Tart apples are good for cooking and the sweeter apples for eating out-of-hand. Summer apples are often sold at bargain prices and may be used for apple butter and applesauce.

Apples are sold by the basket, peck, bushel or by the pound in bulk. They also may be purchased in units up to and including 5 pound pre-packaged bags. Three medium-sized apples weigh approximately a pound. One pound of unpared apples yields 3 cups of pared, diced or sliced apples.

The following table may be helpful in buying apples; it was compiled from a survey of homemakers and reflects their personal opinions:

USE OF APPLES

Variety	Raw	Baked	Sauce	On Market
Baldwin	Fair	Good	Very Good	November-April
Cortland	Excellent	Excellent	Excellent	October-March
Greening	Fair	Excellent	Excellent	September-March
Jonathan	Good	Good	Excellent	October-February
McIntosh	Very Good	Good	Good	September-May
Northern Spy	Excellent	Excellent	Excellent	October-March
Rome Beauty	Fair	Excellent	Excellent	November-May
Wealthy	Fair	Excellent	Excellent	August-December

Storage

Store apples in a cool place. Research has shown that every day an apple is held at room temperature after harvest, its storage life is decreased by more than a week. Keep small quantities in the refrigerator in plastic bags. This will prevent shriveling and absorption of odors and flavors. It will also prevent imparting flavors to other foods. Keep large quantities of apples in a cool, well-ventilated place. Moist air helps to reduce shriveling. Sort apples occasionally and remove those that show signs of spoilage.

Preparation and Cooking

Wash apples before using. Remove stem and blossom ends because spray material is likely to collect at these points. Peel apples just before serving or cooking. If they need to stand before cooking, sprinkle them with lemon, orange, or pineapple juice to prevent browning.

Cook apples in a tightly covered saucepan or baking dish to avoid loss of flavor. Boil gently in a small amount of water and for as short a time as possible. Use sugar in small amounts to bring out the flavor, not to mask it. Sugar added at the beginning of the cooking period tends to keep the apples whole. If apples are to be used for sauce, add the sugar toward the end of the cooking period. Small amounts of cinnamon, nutmeg, or cloves can be added for variety. If ground spices are used, add near the end of the cooking period for best color. Lemon juice may improve the flavor of the less tart varieties and of apples that have been in storage for a number of months. More sugar may be needed when lemon is used. A small amount of salt also improves the flavor.

Almost everyone enjoys eating apples out-of-hand. However, for variety, we often serve them cooked. The recipes in this bulletin have suggestions for using apples in cooking; a few of the recipes use raw apples. You will find familiar dishes such as apple pie, baked apples, and applesauce. Other recipes may be new to you.

BAKED APPLES

Yield: 6 servings

Temperature: 400°F.

Pan: Casserole with a cover

Time: 30 to 40 minutes

6 apples

2 tablespoons sugar

1. Wash, core, and cut a line around each apple midway between stem end and blossom end to allow for expansion; or cut a $\frac{3}{4}$ -inch strip from the top of each.
2. Place apples in casserole. Put 1 teaspoon sugar in the center of each apple.
3. Cover and bake in a moderately hot oven, 400°F., for 20 minutes or until apples are nearly tender.
4. Remove casserole from oven and let stand covered for 20 minutes to finish cooking.

Variation: To glaze, follow steps above. Sprinkle lightly with sugar or spread with sirup. Place in oven or under the broiler until the sugar or sirup bubbles.

SWEDISH BAKED APPLES

Yield: 6 servings

Pan: Baking dish

Temperature: 350°F. to 400°F.

Time: 45 to 60 minutes

6 large apples
6 tablespoons butter
 $\frac{1}{2}$ cup sugar

4 teaspoons cinnamon
 $\frac{1}{2}$ cup fine dry bread crumbs
 $\frac{1}{2}$ cup light cream

1. Wash, pare, and core apples.
2. Melt the butter and roll the apples in it. Mix the sugar and cinnamon and roll the apples in the mixture and then in the bread crumbs.
3. Place in a buttered baking dish. Avoid crowding the apples. Fill centers with sugar-cinnamon mixture. Pour any remaining butter over apples.
4. Bake in a moderate or moderately hot oven, 350°F. to 400°F., for 45 to 60 minutes. After 20 minutes baking, pour the cream over the apples. Continue baking until apples are tender.
5. Serve warm or cold.

APPLES BAKED IN LEMON CUSTARD

Yield: 4 servings

Pan: Quart casserole with a cover

Temperature: 350°F.

Time: About 40 minutes

4 small apples
1 egg
 $\frac{1}{2}$ cup sugar
 $\frac{1}{4}$ cup milk

1 grated lemon rind
1 tablespoon lemon juice
3 tablespoons melted butter

1. Wash and core apples. Place in baking dish. Cover.
2. Bake in a moderate oven, 350°F., for 30 minutes or until apples are almost tender. They will have only 10 minutes additional baking time after the custard is added.
3. Beat egg until light. Beat in sugar, milk, lemon rind, and lemon juice. Add butter.
4. Drain hot juice from the apples, if any remains, and stir into the custard.
5. Pour custard over apples and continue baking until custard is set, about 10 minutes.
6. Remove at once to serving dishes. Serve hot with custard sauce over the apples.

TOP-OF-STOVE GLAZED APPLES

Yield: 4 servings

Pan: Flat bottomed pan with a cover

$\frac{1}{2}$ cup sugar	$\frac{1}{4}$ teaspoon salt
$\frac{1}{2}$ cup water	4 apples

1. Place sugar, water, and salt in saucepan. Heat to boiling. Stir until sugar is dissolved.
2. Wash and core apples; peel upper fourth of each.
3. Put apples in sirup, stem ends down. Cover and boil gently 5 minutes.
4. Turn apples gently, bringing stem ends up. Cover and cook 3 minutes longer or until apples are tender but hold their shape.
5. Lift apples from pan to serving dish.
6. Boil sirup 3 minutes or until thick; spoon it over the apples. Serve hot or cold.

APPLE DUMPLINGS

Yield: 6 servings

Pan: 11 x 7 x 1½ inches

*Temperature and Time: 450° for 10 minutes
and 350° for 35 to 40 minutes.*

2 cups sifted flour	2 tablespoons lemon juice
2½ teaspoons baking powder	$\frac{1}{8}$ teaspoon salt
1 teaspoon salt	1 teaspoon cinnamon
$\frac{1}{8}$ cup shortening	$\frac{1}{4}$ teaspoon nutmeg
$\frac{3}{8}$ cup milk (approximate measure)	

Sauce:

6 medium baking apples	1 cup corn sirup
$\frac{1}{2}$ cup brown sugar	$\frac{1}{4}$ cup boiling water
2 tablespoons melted butter	2 tablespoons melted butter

1. Have all ingredients at room temperature.
2. Sift the flour, baking powder, and 1 teaspoon salt together into a mixing bowl.
3. Cut the shortening into the flour mixture with a pastry blender, two knives, or a fork, until it is separated into small pieces giving the appearance of coarse meal.
4. Add the milk. Stir until the mixture forms a ball and follows the fork around the bowl.

5. Knead the dough about 16 strokes on a lightly floured board.
6. Roll the dough $\frac{1}{8}$ -inch thick. Cut into 6 squares.
7. Peel and core the apples. Place an apple in the center of each square of dough.
8. Mix together brown sugar, 2 tablespoons melted butter, lemon juice, $\frac{1}{8}$ teaspoon salt, cinnamon, and nutmeg. Fill the centers of the apples with the mixture.
9. Enclose each apple entirely with the square of dough, moisten edges lightly with water to seal. Pinch edges together. If any dough remains, cut 1-inch circles with the center part of doughnut cutter. Top each dumpling with a circle of dough.
10. Combine sirup, boiling water, and 2 tablespoons of butter and pour over dumplings.
11. Bake in a very hot oven, 450°F., for 10 minutes. Reduce temperature to moderate oven, 350°F., and continue baking for 35 to 40 minutes longer.
12. Baste occasionally with sirup during baking.

Note: If the apples are very hard, cook them in $\frac{1}{4}$ cup of boiling water until they are fairly tender. Drain well.

APPLE PANCAKES

Yield: 16 4-inch pancakes

Pan: Griddle

1 egg	$\frac{1}{2}$ teaspoon soda
$1\frac{1}{4}$ cups buttermilk	$\frac{1}{2}$ teaspoon baking powder
2 tablespoons soft fat	1 tablespoon sugar
$1\frac{1}{4}$ cups sifted flour	1 cup chopped apple, unpeeled
$\frac{1}{2}$ teaspoon salt	

1. Have all ingredients at room temperature.
2. Heat griddle slowly.
3. Beat the egg slightly. Add buttermilk and soft fat. Mix well.
4. Sift together the flour, salt, soda, baking powder and sugar.
5. Combine the dry ingredients with the egg mixture and beat with a rotary beater until smooth.
6. Stir in the chopped apple. Cook on a lightly greased griddle. Turn the pancake when the top has tiny bubbles and the bottom is a delicate brown.

APPLE CRISP

Yield: 6 servings

Pan: 2 quart baking dish

Temperature: 350°F.

Time: 45 minutes

6 cups thinly sliced apple
1 cup sifted flour

$\frac{1}{2}$ cup brown sugar
 $\frac{1}{2}$ cup butter

1. Place the apple in a baking dish.
2. Mix together the flour and sugar. Add the butter and cut it in to make an even, crumbly mixture.
3. Sprinkle the mixture over the apples and bake in a moderate oven, 350°F., for 45 minutes or until apples are tender.
4. Serve warm with cream or ice cream.

APPLE TORTE

Yield: 6 servings

Pan: 9 x 9 x 1 $\frac{1}{4}$ inches

Temperature: 350°F.

Time: About 30 minutes

1 egg
 $\frac{3}{4}$ cup sugar
 $\frac{3}{4}$ cup finely chopped apple
 $\frac{1}{2}$ cup sifted flour
1/16 teaspoon salt

1 teaspoon baking powder
 $\frac{1}{4}$ teaspoon almond extract
 $\frac{1}{4}$ teaspoon vanilla extract
 $\frac{1}{2}$ cup finely chopped nuts

1. Beat egg slightly. Stir in sugar and apple.
2. Add remaining ingredients and mix well.
3. Pour into a buttered pan.
4. Bake in a moderate oven, 350°F., for about 30 minutes.
5. Cut in squares and serve plain or with whipped cream or ice cream.

APPLE BARS

Yield: 6 servings

Pan: 8 x 8 x 2 inches

Temperature: 350°F.

Time: 40 to 50 minutes

1 cup sifted flour
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ cup brown sugar
1 cup oatmeal

$\frac{1}{2}$ cup butter
2 tablespoons butter
2 $\frac{1}{2}$ cups sliced apples
 $\frac{1}{4}$ cup sugar

1. Have all ingredients at room temperature.

2. Sift together the flour and salt. Add the brown sugar and oatmeal. Mix well.
3. Cut in $\frac{1}{2}$ cup butter with a pastry blender or two knives. The mixture should be crumbly.
4. Spread half the mixture in a greased baking pan and press down firmly. Dot with 2 tablespoons butter.
5. Put sliced apples over the crumb mixture and sprinkle with $\frac{1}{4}$ cup sugar.
6. Cover with the remaining crumb mixture and press down firmly.
7. Bake in a moderate oven, 350°F., for 40 to 50 minutes.
8. Cut in bars and serve warm with a sauce or cold as a cookie.

APPLE GINGERBREAD

Yield: 4 servings

Temperature: 350°F.

Pan: 9½-inch frying pan

Time: 30 to 40 minutes

Glaze:

2 apples	3 tablespoons brown sugar
3 tablespoons butter	

1. Peel and core apples. Slice crosswise in $\frac{1}{2}$ inch slices.
2. Melt butter in frying pan. Sprinkle sugar over bottom of pan.
3. Place apple rings in one layer in the pan. Cover and cook gently 2 minutes.

Gingerbread:

$\frac{1}{2}$ cup boiling water	$\frac{1}{4}$ teaspoon salt
3 tablespoons shortening	$\frac{1}{4}$ teaspoon soda
$\frac{1}{2}$ cup molasses	$\frac{1}{2}$ teaspoon baking powder
$\frac{1}{2}$ cup sugar	1 teaspoon ginger
1 egg	$\frac{1}{2}$ teaspoon cinnamon
1 cup sifted flour	

1. Pour boiling water over shortening in a mixing bowl. Stir until shortening is melted.
2. Add molasses, sugar, and egg. Beat with rotary beater until combined.
3. Sift together flour, salt, soda, baking powder, ginger, and cinnamon.
4. Add dry ingredients to the liquid ingredients in the bowl. Stir only until dry ingredients are dampened.
5. Pour batter over apple mixture.
6. Bake in a moderate oven, 350°F., for 30 to 40 minutes.
7. Cool on a rack 5 to 10 minutes.
8. Loosen cake on all sides.
9. Turn upside down on a serving dish. Serve warm.

APPLE PIE

Yield: 1 pie

Temperature and Time: 450°F. for 10 minutes

Pan: 9-inch pie pan

and 350°F. for 20 to 30 minutes

Pastry for 9 inch double crust pie	$\frac{1}{8}$ teaspoon salt
$4\frac{1}{2}$ to 5 cups pared and thinly sliced apple	$\frac{1}{4}$ teaspoon cinnamon or $\frac{1}{8}$ teaspoon nutmeg
$\frac{3}{8}$ cup sugar	1 tablespoon lemon juice
	2 tablespoons butter

1. Roll out pastry for the lower crust and place in pie pan. Place half the sliced apples in the pan.
2. Combine the sugar, salt, spice, and lemon juice. Sprinkle half this mixture over the apples. Add remaining apples, then sprinkle with remaining sugar mixture. Dot with butter.
3. Moisten the edge of the bottom crust with water.
4. Roll out top crust, cut small openings in it, and place on the apple mixture. Trim so that the crust is $\frac{1}{2}$ inch beyond the pan, then turn it under the bottom crust. Press together with fingers or fork.
5. Bake in a very hot oven, 450°F., for 10 minutes.
6. Reduce heat to moderate, 350°F., and continue baking for about 20 to 30 minutes or until apples are tender.

APPLESAUCE

Yield: 2 cups

Cooking time: 10 to 15 minutes

1 pound apples <i>or</i>	$\frac{1}{4}$ cup sugar
3 cups sliced apples	$\frac{1}{16}$ teaspoon salt
$\frac{1}{2}$ cup water	cinnamon or nutmeg, if desired

1. Pare, core, and slice the apples.
2. Bring the water to a boil and add the sliced apples.
3. Cover the pan and cook until the apples are almost tender. Stir occasionally.
4. Remove the pan from the heat and let it stand, covered, for 5 to 10 minutes to finish cooking.
5. When the apples are tender, add the sugar, salt, and the spice, if used.
6. Strain the applesauce, if desired.

Variation: The apples may be washed, cored, and sliced but not peeled. Follow steps 2 to 4. Strain applesauce, add the sugar and the seasonings.

APPLESAUCE AND WHIPPED CREAM PIE

Yield: 1 pie

Pan: 8-inch pie pan

1 cup heavy cream	2½ cups chilled, thick applesauce or drained stewed apples
2 tablespoons sugar	Baked 8 inch pie shell
1 teaspoon minced candied ginger (optional)	

1. Shortly before serving time, whip cream; add sugar. Add 1 teaspoon candied ginger, if used.
2. Place applesauce or stewed apples in pastry shell and cover with whipped cream. Serve at once.

APPLESAUCE-NUT-CRUMB CAKE

Yield: 1 cake

Temperature: 350°F.

Pan: 9 x 9 x 1¼ inches

Time: 1 hour

Glaze:

½ cup softened butter	½ cup sifted flour
½ cup coarsely chopped nuts	½ cup sugar

Cake:

½ cup shortening	½ teaspoon salt
½ cup sugar	½ teaspoon cloves
½ cup brown sugar	½ teaspoon cinnamon
2 eggs, beaten	1 cup applesauce
1¾ cups sifted cake flour	1 cup raisins
1 teaspoon baking powder	¼ cup sifted flour
½ teaspoon soda	

1. Have ingredients at room temperature.
2. Butter the bottom of the pan and sprinkle in the nuts.
3. Mix together ½ cup flour and ½ cup sugar. Cut in the butter with a pastry blender or two knives and spread the mixture over nuts.
4. Cream together the shortening, sugar, and brown sugar. Add the beaten eggs and beat the mixture until light and fluffy.
5. Sift together 1¾ cups flour, baking powder, soda, salt, cloves, and cinnamon. Add the dry ingredients to the creamed mixture alternately with the applesauce. First add one-third of the dry ingredients and stir. Next add one-third of the applesauce and stir. Repeat until all the ingredients are mixed.
6. Flour the raisins with ¼ cup flour and fold into the batter.
7. Put the batter in the pan and bake in a moderate oven, 350°F., for 1 hour. The cake is done if it springs back when pressed lightly with a finger.

SCALLOPED APPLES

Yield: 6 servings

Temperature: 350°F.

Pan: 1½ quart baking dish

Time: About 55 minutes

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| 4 large apples | ½ teaspoon salt |
| 1 tablespoon butter | 1 cup soft bread crumbs |
| 2 tablespoons sugar | 1 tablespoon butter |

1. Pare, core, and slice the apples. Place a layer of apples in a baking dish, dot with 1 teaspoon butter.
2. Mix sugar and salt together and sprinkle ⅓ of sugar mixture over apples. Repeat alternate layers of apples, sugar mixture, and butter until all are used.
3. Cover the baking dish and bake in a moderate oven, 350°F., about 45 minutes or until the apples are tender.
4. Prepare soft bread crumbs. Melt 1 tablespoon butter in a saucepan and mix in bread crumbs.
5. Remove the cover of the baking dish, spread buttered bread crumbs over the top. Return to the oven for about 10 minutes or until the crumbs are brown.

RED CABBAGE WITH APPLES

Yield: 5 to 6 servings

Time: 15 to 20 minutes

Pan: Saucepan with a cover

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| 1 small onion, diced | 2 teaspoons sugar |
| 1½ tablespoons butter | 3 whole cloves |
| 3 cups shredded cabbage | ½ teaspoon salt |
| 2 tart apples, diced | ¼ cup boiling water |

1. Brown diced onion in butter.
2. Add all remaining ingredients and cover.
3. Quickly bring the water to boiling again. Stir and cover.
4. Reduce heat until the water is boiling gently. Continue boiling for 10 minutes or until cabbage is just fork-tender.
5. Evaporate any remaining liquid by removing the cover and cooking over high heat. Stir constantly.
6. Taste; if flat, add 1 tablespoon of vinegar or lemon juice.

PORK CHOP WITH APPLE

Yield: 4 servings

Temperature: 325°F.

Pan: 9½-inch frying pan with cover

Time: About 50 minutes

4 thick pork chops
salt and pepper
1 egg
¼ cup milk

½ cup dry bread crumbs
1 tablespoon fat
2 apples

1. Season chops with salt and pepper.
2. Combine egg and milk. Dip chops first in egg and milk mixture and then in crumbs. Pat crumbs on well.
3. Melt fat in frying pan and place chops in pan.
4. Partially cover pan and put in a slow oven, 325°F., for 15 minutes.
5. Wash and core apples and cut in halves crosswise.
6. Turn chops and place half of an apple, cut side down, on each chop.
7. Continue baking without cover at 325°F., for 30 to 35 minutes longer. Baste occasionally.

APPLE RINGS SAUTEED IN BUTTER

Yield: 2 or 3 servings

Time: 15 to 20 minutes

Pan: Frying pan with a cover

2 large apples
1 tablespoon butter

1 tablespoon sugar

1. Wash and core apples. Cut crosswise in slices ⅛-inch thick.
2. Heat butter in the frying pan until it begins to brown.
3. Place the apple rings in the pan and sprinkle with sugar.
4. Cover pan closely. Cook 10 minutes over low heat.
5. Turn the slices. When tender, cook without a cover until delicately browned.

Variation: Bacon fat may be substituted for butter.

WALDORF SALAD

Apples, celery, and nuts have long been a favorite salad combination, popularly called Waldorf Salad.

Yield: 4 servings

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| 1½ cups cubed apples | ⅓ cup broken nutmeats |
| 1 cup diced celery | Mayonnaise |

1. Combine all ingredients and serve.
Sour cream and cream cheese dressings are also very good with Waldorf Salad. See page 15.

APPLE AND GRAPE SALAD

Yield: 6 servings

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|------------------|-----------------------|
| 1 cup sour cream | 4 apples |
| ⅓ cup mayonnaise | ½ cup broken nutmeats |
| 1 cup grapes | Lettuce |

1. Combine cream and mayonnaise.
2. Seed grapes.
3. Wash apples, cut in cubes, and add to grapes.
4. Add nuts and dressing.
5. Serve on lettuce cups.

Variation: Cream cheese dressing (p. 15) or French dressing can be used.

APPLE SLAW

Yield: 6 servings

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|--------------------------------|----------------------------|
| 2 cups diced apples | ½ cup sour cream <i>or</i> |
| 2 cups finely shredded cabbage | ¼ cup French dressing |

1. Combine apples and cabbage shortly before serving.
2. Add sour cream or French dressing.
3. Serve on lettuce cups.

DRESSINGS

Sour Cream Mint Dressing

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|----------------------------------|-----------------------------------|
| 2 tablespoons minced mint leaves | $\frac{1}{2}$ teaspoon lemon rind |
| 1 teaspoon sugar | 1 cup sour cream |
| 1 teaspoon lemon juice | |

1. Add all ingredients to cream. Fold in gently.
2. Chill several hours before combining with salad.

Ginger Dressing

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| 2 tablespoons finely chopped candied ginger | 1 teaspoon sugar |
| | 1 cup sour cream |

1. Follow directions for Mint Dressing.

Cream Cheese Dressing

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|------------------------------|--|
| 1 3-oz. package cream cheese | $\frac{1}{4}$ cup evaporated or top milk |
| 2 tablespoons lemon juice | Nutmeg or candied ginger (optional) |

1. Crush cheese with a fork. Slowly stir in lemon juice and milk.
2. Beat with rotary beater until thick like whipped cream.
3. Add nutmeg or ginger, if desired.

APPLE CHUTNEY

Yield: 4 pints

Cooking time: Approximately 2 hours

Pan: Large preserving kettle
(about 8 quarts)

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|--|-----------------------------------|
| 5 pounds apples (about 15 medium) | $\frac{1}{2}$ tablespoon turmeric |
| 2 onions | 1 cup seeded raisins |
| 3 green peppers | 2 cups sugar |
| 1 red pepper | $\frac{1}{2}$ cup lemon juice |
| 3 cups vinegar (medium strength —about 5% acidity) | 1 tablespoon ginger root |
| | 1 tablespoon salt |

1. Wash, peel, core, and chop apples; chop onions, and peppers. Add vinegar, turmeric, and raisins.
2. Simmer 1 hour, stirring often.
3. Add remaining ingredients. Cook until thick and clear. Stir to avoid burning.
4. Pour into sterilized jars. Seal.

APPLE BUTTER

Yield: About 5 pints

Time: 3 to 4 hours

Pan: Large preserving kettle (10 to 12 quarts)

12 pounds apples (about 3 dozen)	Rind and juice of 2 lemons
5 to 6 cups cider	1 tablespoon cinnamon
5 pounds sugar (approximate measure)	1½ teaspoons cloves
	½ teaspoon allspice

1. Wash, quarter, and core apples. Place in a large kettle.
2. Nearly cover with cider and boil gently about 1½ hours.
3. Strain. Measure pulp and add ½ cup sugar for each cup of pulp.
4. Add lemon rind and juice, cinnamon, cloves, and allspice.
5. Place in casseroles. Do not fill entirely because the butter spatters. Bake in a slow oven, 300°F., until thick. Stir frequently.
6. Pour into sterile jars and seal.

APPLE BUTTER AND CHEESE BREAKFAST

Place on the breakfast table: toaster, cheese plane, bread, butter, apple butter, and sharp cheddar cheese. A cheese plane will slice cheese very thinly.

Then toast bread and butter it. Spread generously with apple butter, top with thin slices of cheese.

APPLE CHEESEWICH

Make sandwich by placing a thin slice of cheddar cheese on a slice of bread, then a layer of thinly sliced apple, another layer of cheese, and top with a slice of bread.

Butter the outside of the sandwich, and toast slowly under the broiler or on a grill or griddle. Turn so that both sides are toasted and the cheese melted.

CHEESE-STUFFED-APPLES

Sharp cheddar cheese or snappy cheese spread
Apples

1. Mash sharp cheese with a fork until it is creamy.
2. Wash and core apples, removing both the stem and blossom ends.
3. Fill the cavity with the softened cheese.
4. Chill until cheese is firm enough to slice. Slice across the apple and arrange on a plate. Serve with crackers.



Cooperative Extension Service, New York State College of Home Economics at Cornell University and the U. S. Department of Agriculture cooperating. In furtherance of Acts of Congress May 8, June 30, 1914. M.C. Bond, Director of Extension, Ithaca, New York.